

INSULIN SENSITIVITY

Your body is like a sink. An insulin sensitive sink allows water to rise and fall out of the drain as needed. An insulin resistant sink is hormonally clogged. Water fills up yet never drains. If you merely reduce the quantity of food it's like you're only turning down the faucet. If you rely on lots of exercise it's as if you're simply taking a cup and bailing out the water. Increasing insulin sensitivity through high quality nutrition and physical activity is crucial to long-term maintenance of your metabolism.

WHAT IS INSULIN?

Insulin is a hormone secreted by the pancreas, it allows your body to use sugar from the carbohydrates you consume and convert them into immediate energy or decides to store as adipose tissue for later use. Nickname: Storage Hormone.

THE BODY'S FUEL TANKS

- **GLUCOSE**
The readily available and quick source of energy. ("Snack")
- **GLYCOGEN**
The regularly stocked, non-instant source of energy. ("Refrigerator")
- **FAT**
The least accessible reserved source of energy. ("Freezer")

INSULIN SENSITIVITY vs. INSULIN RESISTANCE

INSULIN SENSITIVITY

- How sensitive the body is to the effects of insulin. Body absorbs glucose properly.
- Traits:
 - Can skip meals
 - Workout on empty stomach
 - Decreased carb cravings
 - Lower body fat
 - Lower A1c levels

INSULIN RESISTANCE

- Body is unable to absorb glucose leads to buildup of sugar in the blood or stored fat.
- Traits:
 - Difficulty skipping meals
 - Can't workout on empty stomach
 - Increased carb cravings
 - Higher body fat
 - Higher A1c levels

CONCLUSION

Part of body composition transformation comes down to getting your body to USE the hormone insulin more efficiently (absorption). "Improving Insulin Sensitivity" is what you want to think about while remembering that "no hormone" is inherently bad. Excess fat being stored in your body is its protection mechanism.

NUTRITION RECOMMENDATIONS

- Personalized reduction in overall grams of carbohydrates as needed.
 - Less carbohydrates initially allows body to reset, increase Insulin Sensitivity.
- Five servings of non-starchy vegetables per day.
 - Most vegetables other than potatoes, leafy greens
- Three servings of healthy fats per day, one at each meal ideally.
 - Add olive oil and coconut oil whenever cooking
 - Include avocado and omega-3 rich fish

FITNESS RECOMMENDATIONS

- Strength training 2-4x per week.
- Consistent movement throughout your day.
 - Less than 8,000 steps per day affects insulin absorption heavily.
- Remain consistent and get back on your plan quickly.
 - Lack of Physical Activity for 2 weeks in row decreases insulin sensitivity

RECOMMENDED READING

- Obesity Code, Dr. Jason Fung
- The Secret Life of Fat, Sylvia Tara, PhD
- Wired to Eat, Robb Wolf